

Form 144 Filer Information

UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

FORM 144

Form 144

NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information

Filer CIK 0001640680

Filer CCC XXXXXXXX

Is this a LIVE or TEST Filing? ☒ LIVE ☐ TEST

Submission Contact Information

Name

Phone

E-Mail Address

144: Issuer Information

Name of Issuer VERIS RESIDENTIAL, INC.

SEC File Number 001-13274

Address of Issuer Harborside 3, 210 Hudson St.
Ste. 400
Jersey City
NEW JERSEY
07311

Phone (732) 590-1010

Name of Person for Whose Account the Securities are To Be Sold MIRELF VII US SECURITIES LLC

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer Former Affiliate

144: Securities Information

Title of the Class of Securities To Be Sold Common

Name and Address of the Broker Morgan Stanley Smith Barney LLC Executive Financial Services
1 New York Plaza
8th Floor
New York
NY
10004

Number of Shares or Other Units To Be Sold 42960

Aggregate Market Value 647471.64

Number of Shares or Other Units Outstanding 93421769

Approximate Date of Sale 10/01/2025

Name the Securities Exchange NYSE

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	12/04/2018
Nature of Acquisition Transaction	Open Market Purchase
Name of Person from Whom Acquired	Open Market
Is this a Gift?	☐ Date Donor Acquired
Amount of Securities Acquired	34266
Date of Payment	12/04/2018
Nature of Payment	Cash

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	11/26/2018
Nature of Acquisition Transaction	Open Market Purchase
Name of Person from Whom Acquired	Open Market
Is this a Gift?	☐ Date Donor Acquired
Amount of Securities Acquired	8694
Date of Payment	11/26/2018
Nature of Payment	Cash

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Name and Address of Seller	MIRELF VII US SECURITIES LLC Harborside 3, 210 Hudson St. Ste. 400 Jersey City NJ 07311
Title of Securities Sold	Common
Date of Sale	09/18/2025
Amount of Securities Sold	41018
Gross Proceeds	634413.10

144: Securities Sold During The Past 3 Months

Name and Address of Seller

MIRELF VI REIT INVESTMENT II, LLC
Harborside 3, 210 Hudson St.
Ste. 400
Jersey City
NJ
07311

Title of Securities Sold

Common

Date of Sale

09/18/2025

Amount of Securities Sold

30592

Gross Proceeds

473157.29

144: Securities Sold During The Past 3 Months

Name and Address of Seller

MIRELF VI REIT INVESTMENT II, LLC
Harborside 3, 210 Hudson St.
Ste. 400
Jersey City
NJ
07311

Title of Securities Sold

Common

Date of Sale

09/17/2025

Amount of Securities Sold

14989

Gross Proceeds

232632.28

144: Securities Sold During The Past 3 Months

Name and Address of Seller

MIRELF VII US SECURITIES LLC
Harborside 3, 210 Hudson St.
Ste. 400
Jersey City
NJ
07311

Title of Securities Sold

Common

Date of Sale

09/17/2025

Amount of Securities Sold

20097

Gross Proceeds

311909.46

144: Securities Sold During The Past 3 Months

Name and Address of Seller

MIRELF VI REIT INVESTMENT II, LLC
Harborside 3, 210 Hudson St.
Ste. 400
Jersey City
NJ
07311

Title of Securities Sold

Common

Date of Sale

09/16/2025

Amount of Securities Sold

40355

Gross Proceeds

622601.54

144: Securities Sold During The Past 3 Months

Name and Address of Seller	MIRELF VII US SECURITIES LLC Harborside 3, 210 Hudson St. Ste. 400 Jersey City NJ 07311
Title of Securities Sold	Common
Date of Sale	09/16/2025
Amount of Securities Sold	54108
Gross Proceeds	834784.42

144: Securities Sold During The Past 3 Months

Name and Address of Seller	MIRELF VII US SECURITIES LLC Harborside 3, 210 Hudson St. Ste. 400 Jersey City NJ 07311
Title of Securities Sold	Common
Date of Sale	09/15/2025
Amount of Securities Sold	26600
Gross Proceeds	416276.70

144: Securities Sold During The Past 3 Months

Name and Address of Seller	MIRELF VI REIT INVESTMENT II, LLC Harborside 3, 210 Hudson St. Ste. 400 Jersey City NJ 07311
Title of Securities Sold	Common
Date of Sale	09/15/2025
Amount of Securities Sold	19838
Gross Proceeds	310454.78

144: Securities Sold During The Past 3 Months

Name and Address of Seller	MIRELF VI REIT INVESTMENT II, LLC Harborside 3, 210 Hudson St. Ste. 400 Jersey City NJ 07311
Title of Securities Sold	Common
Date of Sale	09/12/2025
Amount of Securities Sold	79724
Gross Proceeds	1272734.52

144: Securities Sold During The Past 3 Months

Name and Address of Seller	MIRELF VII US SECURITIES LLC Harborside 3, 210 Hudson St. Ste. 400 Jersey City NJ 07311
Title of Securities Sold	Common
Date of Sale	09/12/2025
Amount of Securities Sold	106897
Gross Proceeds	1706531.26

144: Securities Sold During The Past 3 Months

Name and Address of Seller	MIRELF VI REIT INVESTMENT II, LLC Harborside 3, 210 Hudson St. Ste. 400 Jersey City NJ 07311
Title of Securities Sold	Common
Date of Sale	09/11/2025
Amount of Securities Sold	85440
Gross Proceeds	1373003.71

144: Securities Sold During The Past 3 Months

Name and Address of Seller	MIRELF VII US SECURITIES LLC Harborside 3, 210 Hudson St. Ste. 400 Jersey City NJ 07311
Title of Securities Sold	Common
Date of Sale	09/11/2025
Amount of Securities Sold	114560
Gross Proceeds	1840956.29

144: Securities Sold During The Past 3 Months

Name and Address of Seller	MIRELF VII US SECURITIES LLC Harborside 3, 210 Hudson St. Ste. 400 Jersey City NJ 07311
Title of Securities Sold	Common
Date of Sale	09/10/2025
Amount of Securities Sold	85920
Gross Proceeds	1378491.89

144: Securities Sold During The Past 3 Months

Name and Address of Seller	MIRELF VI REIT INVESTMENT II, LLC Harborside 3, 210 Hudson St. Ste. 400 Jersey City NJ 07311
Title of Securities Sold	Common
Date of Sale	09/10/2025
Amount of Securities Sold	64080
Gross Proceeds	1028093.11

144: Securities Sold During The Past 3 Months

Name and Address of Seller	MIRELF VI REIT INVESTMENT II, LLC Harborside 3, 210 Hudson St. Ste. 400 Jersey City NJ 07311
Title of Securities Sold	Common
Date of Sale	09/09/2025
Amount of Securities Sold	64080
Gross Proceeds	1032924.74

144: Securities Sold During The Past 3 Months

Name and Address of Seller	MIRELF VII US SECURITIES LLC Harborside 3, 210 Hudson St. Ste. 400 Jersey City NJ 07311
Title of Securities Sold	Common
Date of Sale	09/09/2025
Amount of Securities Sold	85920
Gross Proceeds	1384970.29

144: Remarks and Signature

Remarks	
Date of Notice	10/01/2025

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature	/s/ Seth Matthew Goldstein
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ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)